



**BITE INTO SUMMER ALL YEAR LONG!**

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blog articles – it's all here. Enjoy!

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Ever since we opened our doors in 1918, Lassonde Industries has grown fruits and vegetables for the Canadian market with both passion and determination. Over the past four decades, we've developed a unique expertise for growing and marketing corn on the cob in cans - something that consumers in the northern regions of Canada and Europe have adopted and grown to love.

However, the type of corn that's sold in these markets isn't adapted to the taste of most Canadians, so our research and development team worked for more than two years in order to come up with a variety of corn that would be enjoyed by more Canadians. During this time they also designed an innovative package that preserves corn's sweetness, delicious taste, helping it become the 6th most consumed vegetable in Canada.

It's with great pride, then, that we introduce Sunbites corn today. Grown with great care by Canadian corn producers, our corn on the cob is picked, pre-cooked and vacuum sealed the same day to preserve maximum freshness throughout the year.

Starting today, Sunbites is available in every grocery store throughout Canada.

**Stefano Bertolli**  
Vice-president, Communications  
Lassonde Industries Inc.

## DISCOVER THE RECIPE FOR SUCCESS

Just one ingredient: fresh corn

Ready to eat in just 1 minute

Sweet, crunchy corn on the cob all year long

Perfect for lunch boxes or a healthy snack

All the freshness and flavour preserved

Vacuum packed and pre-cooked the day it's picked

Peaches and Cream corn

Add colour to your meal

## AN INNOVATIVE PACKAGING PROCESS

Sunbites Peaches and Cream corn on the cob is grown with the utmost respect for the land. Once picked, Sunbites are peeled, pre-cooked and vacuum-sealed the same day. This process seals in the corn's sweetness, crunchy taste and keeps it deliciously fresh year-round.

### Nutrition Facts

Per 1 cob (200 g)

Amount	% Daily Value
<b>Calories</b> 230	
<b>Fat</b> 4 g	6 %
Saturated 1 g	5 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	0 %
<b>Carbohydrate</b> 44 g	15 %
Fibre 8 g	32 %
Sugars 18 g	
<b>Protein</b> 7 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	8 %

Ingredient: corn  
Corn is a gluten-free food